Smoking May Be Health Hazard

Tars and Nicotine are among the best known poisons in cigarette smoke. Less known, but also dangerous and toxic substances present are amonia, carbon monoxide, creosote, arsenic, cyanide, benzo-pyrene, and phenol, to mention only a few.

Benzo-pyrene is the most powerful carcinogen (cancer causing substance) in cigarette smoke, and of the 8 known to be present is produced in the largest quantities. Its effect on the body is enhanced by the substance Phenol, a co-carcinogen, which, while not directly causing cancer, multiplies the effects of other carcinogens.

The Surgeon General has determined that smoking is causally related to cancer of the lung and mouth, and that it is a factor in cancer of the larynx and esophogus. Smoking is also related to such diseases as Pulmonary Emphysema, Heart and Coronary Disease.s Arter iosclerosis, Chronic Bronchitis, Peptic Ulcer, Cirrhosis of the Liver, and Burger's Disease.

The effect of nicostine on the body is delusive because it is two-fold. At first it acts as a stimulant, but then it depresses the central nervous system. On the circulatory system nicotine constricts blood vessels, increases the heart beat, causing blood pressure to rise. At the same time, nicotine enhances the deposit of cholesterol on the inner walls of the blood vessels further decreasing blood flow, and hastening the day of a heart attack.

Smoking not only affects the smoker, but also non-smokers who are present in exactly the same way, only to a lesser degree. In mothers who smoke it even affects their unborn children. Smoking mothers have a higher incidence of miscarriages, still-births, and children of average lower birth weight.

Despite all the ill affects of tobacco, more people are smoking than ever before. The 5-DAY PLAN helps those who want to quit by attacking the problem from all dimensions of life: spiritual, mental, social, and physical. On the physical side, smoking is an addiction. When a smoker quits the body begins the process of eliminating poisons. Many quitter suffer actual "withdrawal" symptoms. The 5-DAY PLAN has a physical program to aid the smoker over this phase. Mentally there is the problem of a deeply ingrained HABIT and the lack of "Will Power". All of this is taken into account in the program, even the problem of gaining weight after the smoker quits.

Government health organizations and professional health instructors recognize the success and effectiveness of the 5-DAY PLAN.

HELP US - HELP YOU
Donate To the Appomattox County Rescue Squad Fund Drive - $12,500.00

MISS JORDAN'S 4-H CLUB

Miss Jordan's 6th grade 4-H Club met on Friday, Sept. 12. During the meeting we filled out enrollment cards and elected our officers for this year. The officers elected are as follows: President- Janet Clements. Vice-President - Janis Richardson, Secretary - Angie Murray, Reporter - Bruce Sanders and Recreation Leaders - Lynne Gordon and Ken Caldwell.

Our Extension Agents, Mrs. Walton and Mr. Sweet, told us about the Fire ... exhibits at ... workshop to be ... month and Shir... which will be ... November. We ... many of the prog... having during ... Members were ... bring their 4-H ... last year to the ... meeting.

Our President, ... ments led us in the ... Alligiance and the ... as the meeting was ...

Bruce Sanders

Football Contest

WEEKLY CASH PRIZES

PLUS $5.00 CASH AWA... TO THE 1ST OR 2ND PLACE WINNERS, IF THEY PICK THE EXACT SCORE OF TH... APPOMATTOX VARSITY GAME LISTED...

$10.00 FIRST PRIZE • $5.00 SECOND PRIZE

CONTEST RULES..

•All you have to do is check ( ) the name of the te... think will win in the games listed in each ad on this page.

•The person picking the most games right will be de... winner. The next best score will win second prize.

•In case of a tie, there will be TWO tie breakers: (1) The closest guess to the actual score of the Appo... Varsity game . . . (or any other game so designated... breaker.)

Be sure to fill in ACTUAL SCORES for these two game...

•Use this ENTIRE PAGE as your entry blank. N... means of entering will be accepted. Be sure to put yo... and address in the space provided at the bottom of the...

Mail page to: FOOTBALL, c/o THE TIMES-VIRGINI... Box 665, Appomattox, Va.

•All entries must be received by 12 NOON ON FRI... EACH WEEK.

•Only one entry per person per week.

•Judges decision will be final.

•Employees of the Times-Virginian and their families... eligible to enter the contest.

Tie Breakers & Special Contest

Appomattox -vs- Liberty

Clemson -vs- Duke

FILL IN ACTUAL SCORES.

Name .....
Address .....
.....
Phone .....

Appomattox vs Liberty

APPOMATTOX HARDWARE CO.
Amoco Heating Oil — Petroleum Products
• G. E. Appliance
• Back Hoe Service
CHURCH STREET 352-7141 APPOMATTOX, VA.

Staunton River vs Altavista

WEST END EXXON
FREE GREASE JOB WITH OIL CHANGE AND FILTER THROUGH OCTOBER
JAMES L. BAILESS - Dealer
10% discount on ALL PARTS ON TUNE-UPS
HIGHWAY 460 & 24 APPOMATTOX, VA.

Rustburg vs Jefferson Forest

Appomattox Truck and Tractor, Inc.
HIGHWAY 460
APPOMATTOX, VA.
QUALITY RECAPPING SERVICE
Phone [804) 352-5445

Amherst vs Gretna

Times-Virginian Printing Corporation
WE SPECIALIZE IN PRINTING OFFICE FORMS AND PAPERBACK BOOKS.
PHONE 352-7191
"Professional Printing For All Your Needs"

UCLA vs Wash. State

PARKWAY OIL CO.
APPOMATTOX, VA.
PHONE 352-5375
Shell Products
Heating & Air Conditioning
•Batteries •Spark Plugs
•Oil & Air Filters •Shocks

VMI vs Richmond

BEST FURNITURE CO.
FINE SELECTION OF FURNITURE AT MONEY SAVING PRICES
STOP IN TODAY
CALL: 352-7721
HIGHWAY 460 - 1 MILE EAST APPOMATTOX

Penn State vs Syracuse

Times-Virginian
"A GROWING NEWSPAPER IN A GROWING COMMUNITY"
Complete Line Of Office Supplies
352-8215

Notre Dame vs Air Force

Stop for a Treat That Can't Be Beat
Top Treat
HOME OF FINE FOODS!
ROUTE 3 - APPOMATTOX 352-7539

Kentucky vs LSU

IT'S ALWAYS BETTER AT . . .
MAUDE'S RESTURANT
RT. 460 West APPOMATTOX, VA.
352-7211

Auburn vs Georgia Tech

Dairy Queen
LIVE A LITTLE AT
DAIRY QUEEN
Mr. and Mrs. Ronald Paulette
352-7411

U.V.A. vs Tech

COLEMAN & SONS, INC.
SOUTHERN STATES FEEDS, SEEDS, FERTILIZERS — FARM SUPPLIES
P. O. BOX 636- APPOMATTOX, VA.
Why let your dog look so sad? Cheer him up with purchase during October of RED RANGER dog feed (200 lb. or more) and get a red denim cap FREE.
PHONE 352-7298

Clemson vs Duke

abc NEWS ON WTTX
CONTEMPORARY
5 BEFORE THE HOUR!
LISTEN
A GRAY BROADCAST STATION

Yale vs Columbia

WHITE'S AUTO STO...
TRIANGLE PLAZA, APPOMATTOX, VA. 352-...
Shotgun Shells available N...
also
Largest Selection of Christm...
Toys in Appomattox Count...

Nelson vs William Campbell

NAPA
National Auto Parts Inc.
FAST AND DEPENDABLE SERVICE
SEE YOUR NAPA JOBBER
PHONE 352-7175
APPOMATTOX, VA.

Appo. Mites vs Buckingham

Lafayette C.B. Radio Center
Donnie Thornhill - Manager
inside
Appomattox Rexall Drug Store
352-7161

Okla St. vs Nebraska

REYNOLDS TILE & CARPET SHOP
FREE ESTIMATES
ONE STOP and SHOP FOR ALL YOUR HOME IMPROVEMENT NEED
Phone 352-8361 or Home 352-8109
Confederate Blvd. - 460 East Appomattox, Va

Holy Cross vs Furman

Fidelity National Ban...
APPOMATTOX, VA.
"Helping You Grow Helps Us Gro...
TWO LOCATIONS:
Main Street Office
Hillcrest Office

...D NEWS FOR ...EMAKERS

...y W. Walton ...sion Agent

...ovide Beauty for ...e Home

...as be made from a ...ered seeds, nuts, ... Some examples ...ss, peach seeds, ...hemlock cones, ...sweet gum burrs, ...of nuts. There are ...be collected from ...

...r nuts should be ...30 minutes in a ... This will kill any ... that cannot be ...d the aeroes and ...w allow a longer ...

...making a nut ring ...

... seeds, nuts and ... any material that ...al treatment for ... Even though you ...materials are free ... you can have ...er if they are not ...

...ing size and have it ... inches is the ...th of the working ...ring. A good size is ... diameter with an ...er cut out. You can ...size that would fit ...dle.

...he wooden ring so ...erior background ...ed with the natural ...ish.

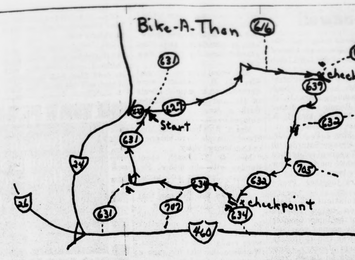
...e on the pattern ...for the use of the ...erials. This can ...e family project ... family member ...eas about the ...of materials. Give ...ers a chance to be ...

...ter and inner layers ...aterials first. Use ...Let each layer dry ...the next one. ...side layers and use ...ones, etc. you may ...ments, again letting ...to dry before adding ...

...All gluing has been ...r nut ring with a ...per, varnish or ...e will enhance the ...tural colors and ...ur nut rings.

...beginning to make ...gifts, this is an idea ...ant to try. These ...oducts can be used ...ms in the home from

Route For Appomattox ACS Bike-A-Thon


Bike-A-Thon
Start
Checkpoint
Checkpoint
460
460
460